



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

June 27, 2017 10:00am - 11:30am
Columbus Public Health, 119C

Attendance

Organization	Member
CPH –Growing Healthy Kids Columbus	Ali Segna
CPH – Creating Healthy Communities	Dana Dorsey
Nationwide Children’s Hospital – Center for Healthy Weight and Nutrition	Megan Gorby
Children’s Hunger Alliance	Mark Haynes, Michelle Hoffman
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
CPH – Strategic Nursing Team	Bob Holomuzki
Moms2B	Lydia Burney
CPH – Healthy Children Healthy Weights	Hannah Bills, Alyssa Dorsey, Claudette Bailey
OSU Extension – Franklin County	Jenny Lobb
YMCA – Head Start	Jess Lambie
OSU Extension	Carol Smathers
CPH – WIC	Dawn Sweet
FCPH	Kristin Peters
CPH – Access to Care	Emily Fisher
Action For Children	Christi Meuser
Tobacco Free Collaborative/CPH Smoke-Free Initiatives	Amber Jones
Mount Carmel Hospital System – Faith-Based Outreach	Kate Whitman
CPH – Institute for Active Living	Barb Seckler

STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children’s Hospital
Mark Haynes, Children’s Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Hannah Bills, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Agenda

10:00am – 10:30am Member Introductions and Program Updates

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Updates
Ali Segna, CPH/GHKC	GHKC coalition presented at the 9 th Biennial Childhood Obesity Conference in San Diego, updates to come; Healthy Celebrations Ring of Fun proofs arrived last Wednesday, final print may be ready by next meeting.
Dana Dorsey, CPH/CHC	Promoting Worksite Wellness initiatives in CHC West and South zip codes; attend Fresh Food Here corner store tours, 3-5pm (July 5 – Herbert's, July 7 – Little's Village IGA).
Megan Gorby, NWCH	MyHealth Family Fit Series: Second Monday of every month (June-September), 5:30pm-7:30pm at Livingston Park, purpose is to learn about nutrition and walk around the park; Piloting Produce Prescription program with Institute for Active Living, where families are encouraged to stop by Franklin Park Conservatory Farmer's Market, with \$10 coupon for bag of produce; Also piloting Trail Prescription program at Sharon Woods Primary Care site.
Mark Haynes and Michelle Hoffman, CHA	Helping care centers achieve Ohio Healthy Program designation across Ohio, through online trainings and technical assistance visits; Michelle is currently implementing Eat, Play, Grow educational program at daycares around Columbus.
Elise Fester, CPH/CDP	Bike Month events included some Pre-K students, event review process has included brainstorming on how to make Bike Rodeos more accessible to younger participants.
Lydia Burney, Moms2B	Taking over coalition representation for Carmen Clutter, Moms2B opened 6 th site and added a new hire; Recent programming has been focused on drink lessons – sugar sweetened beverage and caffeine messaging, and recent donations allowed for lawn chair giveaway.
Hannah Bills, Alyssa Dorsey and Claudette Bailey, CPH/HCHW	Updating and moving OHP trainings online; Working with OSU Extension on Farm to ECE initiative – helping with outreach, promoting Great Apple Crunch in October.
Bob Holomuzki, CPH/SNT	Reeb Center office has been busy this summer; will be doing some Chronic Disease education in August.
Jess Lambie, YMCA Head Start	3 care centers applied for and received Ohio Healthy Program designation; Attended "I am Moving, I am Learning" Training – asked to be mentor program; Preparing for next year, two classrooms are moving to Future Scholars Learning Academy
Jenny Lobb, OSU Extension – Franklin County	Wrapping up planning year for USDA Children, Youth and

	Families at Risk Grant, working on beginning to implement strategies to reduce food insecurity on Near East Side.
Dawn Sweet, CPH/WIC	Gearing up for CPH Farmer's Market, 3 days (July27, August 3, August10); Nationally and locally, WIC caseload has been declining – but increased last month, Franklin County WIC saw the addition of 224 new clients.
Kristin Peters, FCPH	Bexley, Upper Arlington and Whitehall school districts have signed on to do Ohio Days; Been implementing Whitehall CSA and VeggieSNAPs at Rosemoor Middle School, partnering with YMCA and senior center, recipients receive a \$20-worth bag of staple produce for \$10
Emily Fisher, CPH/Access to Care	Monitoring measles outbreak in Minneapolis – as of today, Minnesota is 10 days free of a new case... need 30 more to end outbreak; See Emily for Access to Care hot cards.
Amber Jones, TFC/CPH Smoke-Free Initiatives	Lutheran Social Services housing is now smoke-free, meaning 18 more properties are now smoke-free.
Christi Meuser, Action For Children	New Beginnings for New Fathers program targets new dads aged 15-25, but all new dads are welcome. Just finished program for 6 th cohort, please refer for 7 th cohort.
Kate Whitman, Mount Carmel	Water First for Thirst canisters used and green stickers added to “healthy” options in Mount Caramel cafeteria
Stephanie Cedeno, YMCA Central Ohio	Busy with summer Open Feeding Sites, including mobile sites, which give a free meal to children 1-18, no questions asked.
Carol Smathers, OSU Extension	Columbus City Schools received \$100,000 USDA Farm to School grant to purchase produce slicer; this will help CCS pre-K reach Ohio Healthy Program designation by increasing fruit and vegetable options at snack time.
Barb Seckler, CPH/Institute For Active Living	Church for All People will be renovating space to open Bikes for All People shop – where bike education and maintenance will be readily available.

10:30am – 10:55am Opiate Crisis

Carol Smathers

- **Where are we?**
 - 4,149 Ohioans died from unintentional overdoses in 2016 – on track to pass 5,000 this year
 - Overdose deaths are rising: 2014-2015 (20%), 2015-2016 (30%)
 - Among new Heroin users, 75-80% report abusing prescription opioids prior to using heroin
 - Heroin, fentanyl and carfentanil use are sharply rising, especially considering some reports describe fentanyl laced in other drugs (i.e. cocaine, marijuana and marijuana derivatives)
 - Ohio is #1 nationally in overall drug use, but highest rate of drug use is found in WV and NH
- **How did we get here?**
 - A lot of presented information from *Dreamland* by Sam Quinones – highly recommended book
 - Definition: Opioids are synthetic Opiates
 - Pharmacodynamics: both preferentially act on receptors in pleasure centers of the brain
 - Cause: euphoria, drowsiness, constipation
 - Withdrawal: depression, high alert, diarrhea

- Drug becomes entire focus of users life
- Driving and resulting issues are highly connected, creating a strong feedback loop
- High occurrence of “Deaths of Despair,” most often manifested as intentional overdose
- Timeline from *Dreamland*
 - 1980 – “Porter and Jick” letter: 100 word letter stated after review of one hospital’s cases, found opioids not addictive; letter morphed into “research report” used to market new opioid drugs and pressure doctors to prescribe
 - 1990 – OxyContin marketed to chronic pain patients, pill mills open
 - Pills are expensive and require prescription
 - Expansion of delivery heroin cells as black tar heroin brought east to Columbus, creating a much cheaper opiate option for users. These delivery workers were salaried, clean cut, and transient; trained to avoid police and keep customers addicted.
 - Mid-2000s – A significant population of injured workers start dying from overdose. Meanwhile, drug overdoses surpass auto fatalities as leading cause of accidental death in America.
 - 2014 – Death of Phillip Seymour Hoffman really begins discussion about rising opioid/opiate abuse problems across the nation.
- Book uses Portsmouth, OH as a case study (and really, a metaphor)
- **News**
 - Columbus, OH – 1 fentanyl overdose per day
 - Trumbull Co, OH 82 overdoses in 2 weeks
 - Spirit Airlines pilot and wife found dead by children, apparently of overdose
 - June 2017 – 3 Ohio toddlers suffer opioid overdoses in one week, accidental ingestion
 - In 2016, 4,000 Ohio children in foster care because parent/guardian opiate use prevented care
 - Opioid/Opiate epidemic is a real burden on foster care system, because whole families are addicted, eliminating preferred placement options
 - Moms who use while pregnant give birth to addicted children– restless, irritable, low birth weight, disabilities
 - Megyn Kelly story – “Treatment Homes” are unregulated, but marketed as a treatment center; nefarious companies profit from keeping users addicted
- **Where do we go?**
 - Ohio Joint Study Committee Report Recommendations
 - HOPE curriculum
 - Drug Free Action Alliance
 - Start Talking – Governor’s office
 - Generation Rx
 - Drug Drop-off – DEA and CPH
 - Project DAWN
 - Mount Caramel –Offers free Naloxone Kits and trainings in mobile coach
 - CPH Emergency Response Team – has bags strategically placed in clinics to respond

10:55am – 11:00am Activity Break

All

11:00am – 11:05am Breaking News

Ali Segna

- *Columbus City Schools Awarded the 2017 Farm to School Grant* - CCS received \$100,000 USDA Farm to School grant to buy produce slicer and related equipment!
- *Former Parsons Drive-Through Will Soon Serve up Fresh Produce Instead of Beer* - Work is scheduled to start soon on the conversion of a former beer and wine drive-through on Parsons Avenue into the new location for the Church for All People's Fresh Market.

The Parsons Avenue Redevelopment Corporation (PARC) purchased the building at 945 Parsons earlier this year, and plans to spend up to \$30,000 on its renovation.

The Fresh Market, which is run as part of the church's Healthy Eating and Living Initiative, will be moving from its current location on the east side of Parsons to the more prominent and spacious spot across the street. The market provides fresh food for households earning up to 200 percent of the poverty rate.

Brian Higgins, PARC's Executive Director, said that the market will continue to serve that population, but added that "we hope to add some programming like a farmer's market, raised planters, and the occasional food truck...if we're successful, it could be a place where people from both sides of Parsons Avenue, irrespective of social position, could come and have a positive experience."

- *The Importance of Applying Evidence to Child-Care and WIC Settings* - Healthy Eating Research has released two new issue briefs focusing on children in their early years-- Feeding Infants and Young Toddlers: Using the Latest Evidence in Child-Care Settings and Feeding Infants and Young Toddlers: Using the Latest Evidence in WIC Settings.

Documents were developed by an expert panel convened by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. Read slide...

Source: http://healthyeatingresearch.org/research/feeding-guidelines-for-infants-and-young-toddlers-a-responsive-parenting-approach/?utm_source=Infant+Feeding+Briefs&utm_campaign=InfantFeedingBriefs&utm_medium=email

Source: http://healthyeatingresearch.org/research/feeding-infants-and-young-toddlers-using-the-latest-evidence-in-wic-settings/?utm_source=Infant+Feeding+Briefs&utm_campaign=InfantFeedingBriefs&utm_medium=email

- *Decision on Nutrition Facts Panel Delayed by FDA* - A revamped nutrition facts panel designed to make it easier for Americans to see how many calories and added sugars are in packaged foods and drinks is being delayed.

The FDA had originally given companies until July of 2018 to comply, with smaller makers getting an extra year. However, the FDA now intends to give companies extra time to be compliant. A specific deadline was not released.

- *Pennsylvania Court upholds Philly 'soda tax'* - Philadelphia's 1.5 cents-per-ounce soda tax has survived a major beverage industry challenge in Pennsylvania state court, with a 5-2 decision ruling that the tax is legal.

The Ax the Tax beverage coalition, a group backed by the ABA, said the ruling was a disappointment and warned there would be impacts on jobs and families. Stating that "Philadelphia grocers are also being forced to reduce employee hours and lay off workers. Some are in danger of closing, threatening the city's efforts to increase access in food deserts. This tax has also caused prices to skyrocket on thousands of beverages, which in turn has forced hard-working families to pay drastically higher prices."

The city calls the claims of jobs loss a scare tactic and says many jobs also will be created in expansion of the pre-kindergarten and other programs.

Meanwhile, advocacy groups, including the American Heart Association, called the ruling a victory for public health. Sugary drinks are a leading cause of obesity in America, which increases the risk for heart disease, stroke and other major health problems.

Philadelphia collected about \$25.6 million in revenue in the first four months of 2017. The city is using the proceeds to add thousands of seats to its pre-kindergarten program, as well as investing in parks, recreation centers and libraries.

- *Seattle Joins Cities Taxing Sugary Drinks* - This week, Seattle became the ninth area in the United States to pass a sugary drink tax

Sugary drink tax momentum continues to grow across the country. With Seattle passing it's sugary drink tax 7-1 in a vote on Monday with the city council, it now will impose a 1.75-cents-per-ounce levy on distributors.

11:05am – 11:30am Healthy Gathering – Moving Forward

Ali Segna

- **Taking Healthy Gatherings from Resource Sharing to Implementation**
 - Offer technical assistance
 - Offer tips for communicating and advocating according to different target audiences
 - Leadership?
 - Gain investment; but encourage a report-back structure, rather than top-down statute
 - Co-workers?
 - Teach, educate, share
 - Encourage posting of materials
 - Healthy Gatherings Challenge
 - Points awarded for hanging signage, hosting D.I.Y. potluck (internal and community), having water at meetings (internal and community), having water as available beverage at meeting or event, having activity breaks at meetings, making healthier options more appealing and accessible than less healthy options, etc.
 - Format
 - Checklist, make it as easy as possible

- Challenge by choice, accessible to different types of worksites and organizations
 - Consider utilizing technology (like phones or fit bit)
- Ask for pictures, sent to email or social media hash-tag
 - Ensures accountability
 - Encourages healthy competition between participants

Next Meeting: July 25th, 2017, 10:00am-11:30am Columbus Public Health, 119C.

Next Steps: What's your smoking environment like at your organization and events?